

SEL & PERSONAL WELLNESS



NEWSLETTER

May 2024

Social Emotional Learning for Life

Welcome to the DCSD SEL & Personal Wellness Newsletter. This is our monthly forum for making SEL a part of our daily lives from the classroom to the living room. Click on the links provided for more information on integrating SEL into the lives of our school community throughout each day.



MENTAL HEALTH AWARENESS MONTH

COUNSELOR'S CORNER

MAY SEL FOCUS:

Throughout this academic year, students have been able to cultivate a wide range of essential life skills through the comprehensive social-emotional learning (SEL) lessons facilitated by our dedicated school counselors. These lessons have emphasized the importance of fostering a growth mindset, instilling respect for oneself and others, nurturing empathy, promoting child safety, honing conflict resolution abilities, and fostering healthy relationships. By actively engaging in these SEL lessons, students have been equipped with the necessary tools to navigate various challenges and thrive in both their personal and academic lives. The importance of social and emotional learning (SEL) for children cannot be overstated. We look forward to continuing to enhance our students' social emotional learning skills next year as well.

SEL AND MENTAL HEALTH

Connecting Social and Emotional Learning with Mental Health
By Vicki Zakrzewski

"Given schools' unique ability to access large numbers of children, they are most commonly identified as the best place to provide supports to promote the universal mental health of children..." Read more here:

[Connecting Social and Emotional Learning with Mental Health](#)

Once the link opens click **download full text**

Book of the Month

STOP AND SMELL THE COOKIES

by Gibson Fraizer

is a delightful children's book about a young boy named Dash who has trouble controlling his impulses. Before he knows it, he's done things that he didn't mean to do that had negative consequences for him and his friends. Here he learns a technique that puts time and thought between his impulses and his actions. To read along, click here:

[Stop and Smell the Cookies](#)



MENTAL HEALTH & SEL AT HOME

How to Support Students' Mental Health with SEL
By Shea Cours

"The state of New York, for example, now requires mandatory mental health instruction for K-12 students. Additionally, schools across the country have embraced "SEL" (or social emotional learning) in the classroom..." Read the full post here:

[How to Support Students' Mental Health with SEL](#)



SEL & PERSONAL WELLNESS, CONT.

Personal Wellness

Wellness in the DCSD community is a priority. Managing ourselves in the 8 Dimensions of Wellness can easily be achieved in 5 minute blocks each day while at work or play.

TAKE 5

Emotional Wellness Activities that Take 5 Minutes or Less

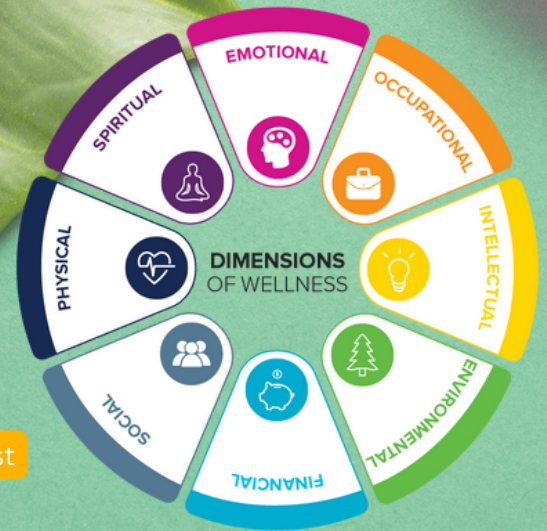
- Select an activity on the DCSD Mental Health Awareness Activities Calendar that encourages emotional exploration.

Click here: <https://bit.ly/3UmzrpS>

- Take a moment to contemplate the three happiest and the three proudest moments of your life, then tell a favorite friend about the experience.

Daily Wellness Affirmation

"I practice the healthy expression of my emotions to and with those I have established a psychologically safe space, and I act appropriately in whatever setting I find myself in."



App of the Month

The **ClearFear** App provides teens aged 11-19 with a range of ways to manage the symptoms of anxiety. Developed by a clinician collaboratively with young people, ClearFear builds resilience by using a framework that helps change anxious thoughts and emotions, alter behaviors, and calm fear. It is available for both Android and Apple devices and IT'S FREE!

Check it out: [Clear Fear App](#)



Want to check on your mental health status?

Here are opportunities by Psychology Today and Mental Health America of GA to explore.

Go to: <https://www.psychologytoday.com/us/tests/health/mental-health-assessment> Or <https://screening.mhanational.org/screening-tools/>

Did you know???

DCSD posts **#WellnessWednesday** tips on our Twitter page, click the icon to follow.

